

LOVE CANNOT EXIST without expression. That's why so many marriages are running on empty, or suffering from what family counselor Dr. A. Horowitz calls emotional anemia. Emotional anemia is when a person does not give or accept feelings of appreciation, affection, or closeness. If this condition is not caught early and corrected the relationship can die.

The following prescription will protect your marriage from suffering from emotional anemia. Here is what husband and wife must give to each other every day:

**One** daily comment of appreciation for something the other says or does. **Two** compliments every day. More is even better. **Three** significant hugs daily, not just a quick embrace when heading off to work. **Four** kisses. Here, variety is the spice of life. Vary your style! **Five:** Share a moment of

beauty—an extravagant sunset, a flower breaking into bloom, a tree in blossom.

**Six:** Recall a special memory from any part of your marriage: a wedding memory, the thrill of holding a newly-born child, a birthday celebration, a special vacation or family reunion.

**Seven:** Participate in a devotional time together. Let this become a daily ritual to which you both look forward. Read something special, sing praises and pray as you walk hand-in-hand in your own "garden of Eden." Discuss what a Bible passage is saying to each of you personally and how it might affect your marriage and life plan. Nothing is as significantly bonding as a wife and husband praying out loud together, mentioning one another by name in the prayer, sometimes while holding each other close,

You have just read seven powerful steps to nurture a marriage. They can

take only a few minutes out of the day's activities—perhaps at different times and on different occasions. But they will never be insignificant! When these seven preventative measures happen in your relationship, your marriage will never be threatened with emotional anemia.

And here's a promise: What may start out as a daily prescription will likely turn out to be an eagerly anticipated delight!

*Does your marriage show signs of becoming emotionally anemic? Is there anything on this list you haven't been doing? If so, begin today to follow these prescriptions.*

ALBERTA MAZAT

Victory in Christ is our goal -  
Health of body, mind, and soul.

**Come and travel with us.**

## Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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# HEALTH TIPS!

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## Preventing Emotional Anemia

*And be kind to one another, tender hearted, forgiving one another, even as God in Christ also forgave you.  
Eph.. 4:32, NKJV.*